



Recipe Guide

EAT WELL. BE WELL.

CONTENTS

BREAKFAST.....	3
Golden Pineapple Porridge.....	3
Walnut Fig Yogurt.....	3
Blueberry French Toast.....	4
Fajita Omelet.....	4
Papaya Lime Cream Smoothie.....	5
BASICS.....	6
Brown Lentils.....	6
Brown Rice.....	6
Roasted Sweet Potato.....	6
Side Salad.....	7
OMNIVORE PROTEINS.....	7
Apricot Chicken.....	7
Lemon Peppercorn Skillet Steak.....	8
Balsamic Basil & Olive Salmon.....	9
Slow Cooker BBQ Pork.....	9
Perfect Scallops.....	10
DRESSINGS.....	10
Zesty Mango Vinaigrette.....	10
SNACK.....	11
Watermelon Skewers.....	11
LUNCH.....	11
Burger Salad.....	11
Caribbean Jerk Salad.....	12
Quinoa Berry Salad.....	13
Spicy Egg Salad Sandwich.....	13
Kimchi & Hummus Wraps.....	14
DINNER.....	15
Mumbai Spinach Skillet.....	15
Herbed Lentil, Rice, and Squash Bowl.....	16
Falafel Tahini Bowl.....	16
Hidden Cauliflower Soft Tacos.....	17
Mushroom Herb Risotto Bowls.....	18
DESSERT.....	19
Mojito Fat Bombs.....	19

BREAKFAST

Golden Pineapple Porridge

Serves 1

- ½ cup gluten-free oats
- 1 cup water or dairy-free milk
- 1 scoop plant-based protein powder
- 1 cup frozen chopped pineapple
- ½ teaspoon each turmeric powder, ginger powder, and cinnamon
- 1 tablespoon honey or maple syrup
- 2 tablespoons unsweetened shredded coconut, toasted

Add all the ingredients (except toasted shredded coconut) to a small pot over medium heat. Mix well and stir for about 5 minutes until creamy and hot. Serve immediately topped with toasted shredded coconut.

Walnut Fig Yogurt

Serves 1

- 1 cup dairy-free yogurt
- ⅓ cup dried figs, unsweetened and unsulphured, chopped
- 2 tablespoons walnuts, chopped
- Pinch nutmeg

Place yogurt in a serving bowl. Top with figs, then sprinkle the walnuts and nutmeg on top.

Blueberry French Toast

Serves 1

2 teaspoons coconut oil
1 egg
¼ cup dairy-free milk
½ teaspoon cinnamon
2 slices gluten-free bread
½ cup blueberries
Honey or maple syrup, optional for topping

Heat oil in a medium skillet over medium heat. While the pan heats, whisk the egg, milk, and cinnamon together in a medium mixing bowl. Dip one slice of bread in the egg mixture to thoroughly soak all sides.

Place the soaked bread on one side of the hot skillet then repeat with the other bread slice. Cook for a couple of minutes per side or until desired doneness. Enjoy topped with blueberries, and add honey or maple syrup if desired.

Fajita Omelet

Serve 1

1 tablespoon coconut oil
½ cup frozen bell pepper and onion mix
1 teaspoon salt-free taco seasoning
Sea salt, to taste
2 eggs, whisked
½ avocado, sliced
2 tablespoons cilantro chopped

Add oil to a medium skillet over medium heat. When hot, add the bell pepper/onion mix, taco seasoning, and salt. Cook for 5 minutes or until golden brown and slightly tender.

Stir the egg into the skillet, then stir continuously for 30 seconds. Cook for 2 minutes undisturbed, then flip the omelet over and cook for 2 more minutes or until desired doneness. Fold omelet in half on a serving plate, then top with avocado and cilantro.

Papaya Lime Cream Smoothie

Serves 1

$\frac{3}{4}$ cup dairy-free milk
Juice of $\frac{1}{2}$ lime
 $\frac{1}{2}$ banana, frozen
1 cup papaya, peeled, seeded and chopped
1 cup romaine, chopped
1 scoop plant-based protein powder
handful of ice cubes (optional)

Add all the ingredients in the order they are listed (except ice) to a blender. Blend until smooth. If you want your smoothie to be colder, add the ice and blend again.

BASICS

Brown Lentils

Serves 4

1 cup brown lentils
3 cups water
1 tablespoon sea salt

Add the lentils and water to a large soup pot. Season with sea salt. Cover and simmer for about 20 minutes until tender. Drain excess water and store in an airtight container in the refrigerator for up to 1 week.

Brown Rice

Serves 4

1 cup brown rice
1 ½ cups water OR vegetable broth
¼ teaspoon sea salt

Place in a medium-sized pot and cook for about 30 minutes.

Roasted Sweet Potato

Serves 4

4 large sweet potatoes

Preheat the oven to 400 degrees F.

Place 4 sweet potatoes onto a baking pan. Place in the oven and bake for 45 to 60 minutes. You know the sweet potatoes are done when you can prick the center with a fork or knife without resistance.

Side Salad

Serves 4

8 cups mixed greens
2 large raw beets, grated
2 cups shredded carrots
2 cups shredded purple cabbage
choice of dressing (recipes in Dressings)

Add all the ingredients to a large mixing bowl and toss well before serving.

OMNIVORE PROTEINS

Apricot Chicken

Serves 4

1 tablespoon coconut oil
4 boneless, skinless chicken breasts
sea salt and black pepper, to taste
1 cup chicken broth
1 10-ounce jar apricot all-fruit jam (like Simply Fruit or Crofter's)
2 tablespoons dehydrated chopped onions (or 2 teaspoons onion powder)
1 teaspoon garlic powder

Add oil to a large skillet over medium heat. When hot, add the chicken breasts, then season with salt and pepper. Sear on each side for 5 minutes or until golden brown.

Add the broth to the skillet, and use a whisk to scrape any caramelized bits off the bottom of the pan. Whisk the jam, onions, and garlic powder into the broth, then spoon the sauce over the tops of the chicken.

Cover and reduce heat to low. Cook for 10 minutes or until chicken is just cooked through. Enjoy sliced or shredded with your favorite side dish.

Lemon Peppercorn Skillet Steak

Serve 4

1 tablespoon grass-fed butter or coconut oil
4 ribeye, t-bone, or sirloin steaks
sea salt and garlic powder, to taste
zest and juice of 1 large lemon
1 teaspoon whole peppercorns

Add butter or oil to a large skillet over medium-high heat. When hot, add the steaks, then season them with salt and garlic powder. Sear on each side for 4-7 minutes or until cooked through to your liking.

Over the tops of the steaks, sprinkle lemon zest and juice, then add peppercorns. Use tongs to flip the steaks over a few times in the pan to coat with the seasonings.

Transfer steaks to a cutting board to rest for 5 minutes before slicing and enjoying with your favorite sides.

Balsamic Basil & Olive Salmon

Serves 4

1 tablespoon coconut oil
4 salmon fillets
sea salt, garlic powder, and black pepper, to taste
2 tablespoons water
¼ cup balsamic vinegar
½ cup sliced green olives
¼ cup fresh basil leaves, thinly sliced just before serving

Add oil to a large skillet over medium heat. When hot, add the salmon and season with dry seasonings.

Cook for 5 minutes on one side, then flip fillets over. Drizzle the tops with water and vinegar, then cook 2-5 minutes more, depending on thickness of fillets, until just cooked through in the center.

Turn the fillets over once and swirl in the pan so that the salmon picks up the vinegar glaze. Serve garnished with olives and basil, then enjoy with your favorite side dish.

Slow Cooker BBQ Pork

Serves 6

3 pound pork butt roast, cut into 2" pieces
1 jar BBQ sauce (like KC Natural or Primal Kitchen)
1 cup vegetable broth

Add all ingredients to a slow cooker. Set to high, and cook for 6 hours or until meat is tender and shreds easily with a fork.

Enjoy drizzled with juices from the crock, and served with your favorite sides.

Perfect Scallops

Serves 4

2 tablespoons grass-fed butter or coconut oil
 1 pound medium raw sea scallops, cleaned well
 juice of 1 small lemon
 1/8 teaspoon ground white pepper
 sea salt, to taste
 2 tablespoons sliced fresh chives

Add butter or oil to a large skillet over medium-high heat. When hot, add scallops, lemon juice, white pepper, and salt.

Saute for 3 minutes, then flip scallops over and cook 1 minute more or until just barely cooked through (do not overcook or they will be rubbery).

Enjoy garnished with chives and served with your favorite sides.

DRESSINGS

Zesty Mango Vinaigrette

1/2 cup frozen mango chunks, thawed
 1 large garlic clove, minced
 3 tablespoons extra virgin olive oil
 1/4 cup water
 1 large lime, zested and juiced
 1 teaspoon sea salt
 1/2 teaspoon red pepper flakes (optional)

Add all ingredients to a blender. Blend on high until smooth. Store in the fridge in a sealed jar for up to 7 days.

SNACK

Watermelon Skewers

Serves 1

1 cup watermelon, sliced into 1-inch cubes
4 fresh mint leaves
4 1-inch cubes feta cheese or vegan cheese
2 wooden skewers

Alternate watermelon, mint, and cheese onto the skewers, then enjoy!

LUNCH

Burger Salad

Serves 2

4 cups iceberg salad blend (with cabbage and carrots)
2 soy-free veggie burgers, cooked to package directions, then chopped
2 large organic dill pickles, chopped
½ small red onion, chopped

- 1 large tomato, chopped
- 2 tablespoons grated cheddar cheese or vegan cheese
- ¼ cup Zesty Mango Vinaigrette (recipe in Dressings)
- 1 tablespoon Dijon mustard
- 1 tablespoon organic mayonnaise or vegan mayo

Divide iceberg blend between two serving bowls. Top with chopped burgers, pickles, onion, tomato, and cheese. In a small mixing bowl, whisk together the dressing, mustard, and mayo. Drizzle this sauce over the tops of the salads, and enjoy!

Omnivore option: Substitute cooked ground turkey or beef patties for the veggie burgers.

Caribbean Jerk Salad

Serves 2

- 2 tsp coconut oil
- 1 red bell pepper, julienned
- 1 15-ounce BPA-free can chickpeas, drained and rinsed
- ½ tablespoon jerk seasoning, salt-free
- Sea salt, to taste
- 6 cups chopped romaine
- ½ small red onion, julienned
- ½ cup shredded carrots
- 1/2cup shredded cabbage
- ¼ cup Zesty Mango Vinaigrette (recipe in Dressings)
- ¼ cup toasted cashews

Add oil to a large skillet over medium-high heat. When hot, add chickpeas, bell pepper, and jerk seasoning. Cook for 5 to 10 minutes or until the mixture is golden brown around the edges. Set aside. Divide remaining ingredients between two serving bowls, then top with the chickpea mixture and enjoy!

Omnivore option: Top each salad with Perfect Scallops (recipe in Omnivore Proteins).

Quinoa Berry Salad

Serves 2

2 cups cooked quinoa, chilled
1 15-ounce BPA-free can black beans, drained and rinsed
4 cups baby spinach
2 cups mixed berries of choice
½ cucumber, chopped
½ cup shredded carrots
2 tablespoons extra virgin olive oil
Juice of 1 lemon
Sea salt and black pepper, to taste
¼ cup organic feta cheese crumbles or shredded vegan cheese

Add all ingredients to a large mixing bowl. Toss gently to combine, then divide between two serving bowls and enjoy!

Omnivore option: Serve topped with chopped, cooked uncured bacon.

Spicy Egg Salad Sandwich

Serves 2

4 hard boiled eggs, chilled
2 tablespoons organic mayonnaise or vegan mayo
2 teaspoons Sriracha (optional)
1 organic dill pickle, chopped
Sea salt and black pepper, to taste
4 slices gluten-free bread, lightly toasted

- 1 large tomato, sliced
- 2 leaves butter lettuce
- 1 carrot, sliced into sticks
- 1 stalk celery, sliced into sticks

Add eggs to a medium mixing bowl, then mash roughly with a fork until they have a chopped appearance. Stir in the mayo, optional Sriracha, pickle, salt, and black pepper. Spread the egg salad over two slices of toast, then layer the tomato and butter lettuce over the top of the egg salad.

Sandwich the slices, then cut each sandwich in half diagonally. Enjoy with carrot and celery sticks on the side.

Omnivore option: Add 2 ounces sliced uncured deli ham to the inside of each sandwich.

Kimchi & Hummus Wraps

Serve 2

- 4 large gluten-free spinach-flavored wraps
- ½ cup hummus
- ½ cup kimchi, drained very well
- 2 cups baby spinach

Lay the wraps on a flat surface. Spread the hummus on the inside of each wrap, then top with kimchi and spinach. Roll into burritos and enjoy.

Omnivore option: Add cooked and chilled baby shrimp to the wraps before rolling them up.

DINNER

Mumbai Spinach Skillet

Serves 4

3 large gold potatoes, scrubbed well & cut into 1-inch cubes
2 tablespoons coconut oil
1 large onion, chopped
2 teaspoons ground cumin
2 teaspoons Garam Masala
1 teaspoon turmeric powder
Sea salt, black pepper, and garlic powder, to taste
8 cups baby spinach
1 cup unsweetened coconut milk
2 15-ounce BPA-free can white kidney beans, drained and rinsed
Juice of 1 lime
Large Salad (recipe in Basics)

Cook potatoes in boiling water for five to seven minutes or until tender. Drain and set aside.

Heat coconut oil in a large skillet over medium heat. When hot, add onion and cook for about five minutes until the onions have softened. Add the dry seasonings, spinach, and coconut milk, cooked potatoes, and lime juice. Stir to combine then bring to a simmer.

Divide evenly between plates and enjoy with a Large Salad on the side.

Omnivore option: Crumble in ½ lb ground turkey or beef in the skillet when cooking the onions.

Herbed Lentil, Rice, and Squash Bowl

Serves 4

1 cup dry brown rice, cooked to package directions
 4 cups broccoli florets, steamed until tender
 4 cups chopped butternut squash
 2 15-ounce BPA-free can white kidney beans, drained and rinsed
 1 tablespoon herbs de Provence
 Sea Salt, black pepper, and garlic powder, to taste
 2 tablespoons extra virgin olive oil
 2 scallions, thinly sliced

Prepare the brown rice, broccoli, and butternut squash. Meanwhile, add lentils and dry seasonings to a medium pot over medium heat. Bring to a simmer then remove from the heat.

Serve rice in bowls topped with broccoli, squash, and lentils. Drizzle oil over the tops, then sprinkle with scallions. Enjoy!

Omnivore option: Serve topped with Balsamic Basil & Olive Salmon (recipe in Omnivore Proteins).

Falafel Tahini Bowl

Serves 4

8 cups mixed greens
 4 large sweet potatoes, roasted until tender, then diced
 1 large cucumber, thinly sliced
 12 frozen soy-free falafel balls, cooked to package directions
 1/3 cup Zesty Mango Vinaigrette (recipe in Dressings)
 2 Tablespoons tahini
 Juice of 1 lime
 1 cup cilantro, chopped
 2 tablespoons sesame seeds

Divide mixed greens between 4 serving bowls. Top with diced sweet potatoes, cucumber, and falafel balls.

In a small mixing bowl, whisk together the Zesty Mango Vinaigrette, tahini, and lime juice. Drizzle this sauce over the tops of the bowls, then garnish with cilantro and sesame seeds.

Omnivore option: Serve topped with sliced Lemon Pepper Skillet Steak (recipe in Omnivore Proteins).

Hidden Cauliflower Soft Tacos

Serves 4

½ pound frozen cauliflower rice
2 15-ounce BPA-free cans lentils, drained and rinsed
2 tablespoons taco seasoning, salt-free
Sea salt, to taste
12 small gluten-free tortillas, warmed
2 cups pico de gallo
3 cups shredded iceberg lettuce
1 cup shredded Monterey jack cheese or vegan cheese
2 avocados, sliced

Add cauliflower rice, lentils, taco seasoning, and salt to a medium pot over medium heat. Bring to a simmer. Cook, stirring occasionally, for 10 minutes or until most of the liquid has evaporated.

Serve lentil mixture inside tortillas and fill with pico, lettuce, cheese, and avocados.

Omnivore option: Substitute Slow Cooker BBQ Pork (recipe in Omnivore Proteins) for the lentils, and reduce the taco seasoning to 2 teaspoons for the cauliflower rice.

Mushroom Herb Risotto Bowls

Serves 4

2 tablespoons coconut oil
1 lb sliced mushrooms
1 cup frozen diced onions
Juice of 1 lemon
2 cups vegetable broth
1 cup dry brown rice
1 ½ cups dairy-free milk
Sea salt, black pepper, and garlic powder, to taste
2 15-ounce BPA-free cans lentils, drained and rinsed
½ cup fresh parsley, chopped
½ cup grated parmesan cheese or vegan cheese
Large Salad (recipe in Basics)

Add oil to a large pot over medium heat. When hot, stir in mushrooms and onions. Cook, stirring occasionally, for 10 minutes or until golden brown and tender. Deglaze the pan with lemon juice and broth, then stir in brown rice, milk, and dry seasonings.

Bring to a simmer, then reduce heat to keep at a low simmer. Cook for 20 to 25 minutes, stirring occasionally, or until rice is plump and al dente, and sauce has thickened. Stir in lentils, and cook for 3 minutes to heat through.

Serve in bowls topped with parsley and cheese, and enjoy with Large Salad on the side.

Omnivore option: Serve topped with chopped Apricot Chicken (recipe in Omnivore Proteins).

DESSERT

Mojito Fat Bombs

Makes 9 bombs

2 tablespoons coconut oil
2 tablespoons honey or maple syrup
½ cup coconut butter
½ tsp pure vanilla extract
¼ lime, juiced and zested
2 tablespoons cup fresh mint leaves, chopped
Pinch sea salt

Add all ingredients to a small pot on the stove over low heat. Stir continuously until melted. Pour mixture into 9 muffin tin cups or into a silicone candy mold. Refrigerate for 2 to 3 hours or until fully set, then enjoy!